

Phil Lang's All-Star Running Camps

Camp Description:

Phil Lang's All Star Running Camps:

8-18 yrs / 1 week / start dates and prices below

Learn from the best! Running, jumping and throwing—this camp has it all! Have fun while learning and participating in everything from sprints to thrilling field events and long distance running. Participants will be given the opportunity to try every event and the week will conclude with an exhibition meet.

Track & Field Camp / July 1 / \$120

[RP7663.401](#)

Howard HS

8:30 AM-12:30 PM M-F

Cross Country Camp / Jul 22 / \$165

[RP7663.402](#)

Gary J Arthur Comm Ctr

9 AM-4:30 PM

M-F

Additional Camp Information:

- ☐ Complete and turn in the enclosed "Camp Participant Information" form on-site to the Camp Director. This MUST be completed and on file at the camp before your child may participate.
- ☐ Complete and turn in the "Medication Order" form only if your child needs to take medicine during camp hours. (Includes inhalers, epi-pens, Benadryl, Tylenol, all prescription and non-prescription medication to be administered at camp).
- ☐ All campers MUST be signed-in and signed-out DAILY. Curb pick-up is not an option as a safety precaution for our campers. (A signed note must be given to the Camp Director for permission for your child to go home with anyone other than those listed on the "Camp Participant Information" form).
- ☐ Wear a hat and sunscreen (applied by parent or guardian prior to arrival at camp).
- ☐ Children should wear comfortable clothes and tennis shoes; jewelry of any kind is discouraged.
- ☐ Bring a snack (no peanut products), please make it non-perishable as we have no refrigerator on-site.
- ☐ Fee includes a camp tee shirt.
- ☐ Bring a filled water bottle. Children will be given frequent water breaks during the day.
- ☐ There will be a track meet on the last day of camp that parents are welcome to attend. Please check with camp staff to confirm the time of the meet.

Important Forms:

- [Participant Information Form](#) ←click to access form online
You MUST bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.
- [Medication Order Form](#) ←click to access form online
Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

Directions:

Howard High School – 8700 Old Annapolis Road Ellicott City, MD 21043

From Rt. 29 take Rt. 108 east approximately 5 miles. School is on the left.

Glenwood Community Center - 2400 Rte. 97, Cooksville, MD 21723. Take Route 29 North to Route 70 West to Route 97 South. After crossing Frederick Road, Route 144. Travel about a mile and you'll see the center on the right in close proximity to the Glenwood Library.

Inclement Weather:

In the event of inclement weather or unsafe conditions, parents are asked to call the program status line at **410-313-4451**. Please listen to the menu guide and press 1 for Instructional Sports Activities, Tennis & Golf, Trips & Hikes, and then press 1 for Instructional Sports. This will give you an update on the status of your child's instructional sports program or camp.

For More Information:

Brian Wyman

410-313-4705

bwyman@howardcountymd.gov